



Cook time: 35 mins

Serves: 4

Prep time: 15 mins

Spiced Stuffed Capsicums

Ingredients

- 4 large capsicums (red or yellow)
- 1 tbsp canola oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and grated
- 1–2 chillies, deseeded and sliced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 85g cooked brown rice or basmati rice
- 1 large carrot, peeled and grated
- ½ eggplant, cut into 1cm cubes
- 300g minced meat
- 1 tbsp fresh coriander, chopped
- 100ml water

Method

- Preheat oven to 180°C.
- Cut the tops off the capsicums and set aside. Discard the seeds from each capsicum. Place the capsicums in a large bowl and cover with boiling water. Leave to soak for 10 minutes then drain and set aside.
- Heat 1 tbsp of canola oil in a non-stick frying pan. Add the onion, ginger, chillies and sauté for 2 minutes.
- Sprinkle in the ground spices and continue to cook for another minute.
- Add the minced meat and eggplant, sauté for another 5 minutes or until the minced meat is cooked.
- Remove from heat and stir in rice, carrots, chopped coriander and pepper to taste. Stir well, then use to stuff the capsicums.
- Place the stuffed capsicums in an ovenproof dish large enough to allow the capsicums to stand upright.
- Put the tops of the capsicums back on and pour 100ml of water around the base.
- Cover loosely with foil or lid and bake for 20–25 minutes.
- Serve hot.

Nutrition Information (Per Serving):

Energy: 357kcal

Protein: 27.7g

Total fat: 12.2g

Carbohydrates: 40.8g

Dietary fibre: 5.3g